

Assembly Concurrent Resolution

No. 120

Introduced by Assembly Member Honda

March 12, 1998

Assembly Concurrent Resolution No. 120—Relative to
National Sleep Awareness Week.

LEGISLATIVE COUNSEL'S DIGEST

ACR 120, as introduced, Honda. National Sleep
Awareness Week.

This measure would proclaim March 30, 1998, to April 5,
1998, as National Sleep Awareness Week.

Fiscal committee: no.

1 WHEREAS, Approximately 40 million Americans
2 suffer from 80 identified sleep disorders, another 20 to 30
3 million Americans suffer intermittent sleep problems
4 related to pain, stress, anxiety, depression, and ailments
5 each year, and the overwhelming majority of sleep
6 disorder sufferers remain undiagnosed and untreated;
7 and
8 WHEREAS, Sleep-related disorders affect members of
9 all races, socio-economic classes, and ages. Over 12 million
10 Americans suffer from sleep apnea, a treatable condition
11 that occurs mostly in middle-aged adults and may affect
12 African-Americans more than whites. Sudden Infant
13 Death Syndrome (SIDS) claims the lives of over 3,000
14 infants each year and is the major cause of death in babies
15 between one month and one year of age. Restless Legs

1 Syndrome, a neurological disorder, affects about 5
2 percent of the population over age 65 years; and

3 WHEREAS, Americans are chronically sleep-deprived.
4 Over 63 million American adults suffer from moderate to
5 severe levels of sleepiness. One in every two adults has
6 trouble sleeping at one time or another—12 percent of all
7 Americans suffer from frequent insomnia. Sleepiness
8 affects vigilance, reaction times, alertness, mood,
9 hand-eye coordination, and the accuracy of short-term
10 memory; and

11 WHEREAS, Numerous studies have concluded that the
12 general public, policymakers, and primary care
13 physicians lack basic sleep knowledge, compromising the
14 health and safety of all Americans. Half of the nation's
15 business travelers suffer from insomnia and do not know
16 how to combat the jet lag that affects their daytime
17 performance. Medical students receive virtually no
18 instruction in basic sleep science during their training;
19 and

20 WHEREAS, Sleepiness, as a result of untreated
21 disorders or sleep deprivation, has been identified as the
22 cause of a growing number of on-the-job accidents. Over
23 25 million Americans have nontraditional work schedules
24 that conflict with their biological clocks. An estimated 36
25 million Americans believe that sleeplessness negatively
26 affects their performance at work. Fatigue was officially
27 cited as a contributing factor in the Three Mile Island
28 nuclear incident, the grounding of the Exxon Valdez in
29 Prince William Sound, and the Challenger Space Shuttle
30 disaster, among other industrial disasters; and

31 WHEREAS, The National Highway Traffic Safety
32 Administration conservatively estimates that 100,000
33 motor vehicle crashes are caused by drowsy drivers each
34 year. These crashes result in over 1,500 fatalities and
35 71,000 injuries. One-third of all Americans admit they
36 have dozed off while driving. The National
37 Transportation Safety Board estimates that 31 percent of
38 all commercial driver fatalities and 58 percent of
39 single-truck crashes are fatigue-related; and



1 WHEREAS, The economic impact of untreated sleep
2 disorders and chronic sleepiness on society is devastating.
3 Sleep deprivation is estimated to cost Americans over
4 \$100 billion annually in lost productivity, medical
5 expenses, sick leave, and property and environmental
6 damage; now, therefore, be it

7 *Resolved by the Assembly of the State of California, the*
8 *Senate thereof concurring,* That the Legislature
9 proclaims March 30, 1998 to April 5, 1998, as National
10 Sleep Awareness Week in California and urges all
11 Americans to recognize the dangers of untreated sleep
12 disorders and the importance of proper sleep to their
13 health, safety, and productivity; and be it further

14 *Resolved,* That the National Sleep Foundation and all
15 of the following organizations join in making the
16 proclamation:

17 (a) AAA Foundation for Traffic Safety.

18 (b) American Association of Motor Vehicle
19 Administrators.

20 (c) American Drivers Training Safety Education
21 Association.

22 (d) American Sleep Apnea Association.

23 (e) American Sleep Disorders Association.

24 (f) Cephalon, Inc.

25 (g) CNS, Inc.

26 (h) United States Department of Labor.

27 (i) McNeil Consumer Products.

28 (j) Narcolepsy Network, Inc.

29 (k) National Association of Governors' Highway
30 Safety Representatives.

31 (l) National Heart, Lung, and Blood Institute,
32 National Institutes of Health.

33 (m) National Center on Sleep Disorders Research,
34 National Institutes of Health.

35 (n) National Institute of Nursing Research, National
36 Institutes of Health.

37 (o) National Institute on Aging, National Institutes of
38 Health.

39 (p) National Institute on Alcohol Abuse and
40 Alcoholism, National Institutes of Health.

- 1 (q) New York State Governor's Traffic Safety
- 2 Committee.
- 3 (r) Parents Against Tired Truckers.
- 4 (s) Restless Legs Syndrome Foundation.
- 5 (t) Searle.
- 6 (u) Sleep Disorders Dental Society.
- 7 (v) Students Against Destructive Decisions.
- 8 (w) Wyeth-Ayerst.
- 9 (x) Young Americans with Narcolepsy.

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